

CLAIMS

1. A system of regulating receipt of electronic mail comprising:
 - a. capturing means for capturing an outgoing electronic mail message,
 - 5 b. outgoing electronic mail analysing means for determining an electronic mail address of at least one intended recipient of the outgoing electronic mail message;
 - c. list updating means for updating a pass list of electronic mail addresses with the at least one intended recipient of the
 - 10 outgoing electronic mail message;
 - d. incoming mail capture means for capturing incoming electronic mail messages;
 - e. incoming electronic mail analysing means for determining whether an electronic mail address of a sender of the incoming
 - 15 electronic mail message is a member of the pass list and for forwarding the incoming message to an intended recipient if the address of the sender is a member of the pass list; and
 - f. analysing means for determining a probability that the incoming
 - 20 message is an unsolicited message if the address of the sender is not a member of the pass list and for forwarding the incoming message to the intended recipient if it is determined that the incoming message is probably not an unsolicited message.
2. A system as claimed in claim 1, wherein the list updating means
- 25 includes dating means for dating members of the pass list with a date that a message was last sent to that member.
3. A system as claimed in claim 2, further comprising pass list purging means for purging the pass list of members to which a message has not been sent for a predetermined time.

4. A system as claimed in claim 1, further including deletion means for deleting an incoming message which the analysing means determines is probably an unsolicited message.
5. A method of regulating receipt of electronic mail comprising the steps of:
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- a. capturing an outgoing electronic mail message,
 - b. analysing the outgoing electronic mail message to determine an electronic mail address of at least one intended recipient of the outgoing electronic mail message;
 - 10 c. updating a pass list of electronic mail addresses with the at least one intended recipient of the outgoing electronic mail message;
 - d. capturing an incoming electronic mail message,
 - 15 e. analysing the incoming electronic mail message to determine whether an electronic mail address of a sender of the incoming electronic mail message is a member of the pass list;
 - f. passing the incoming electronic mail message to an addressee if the electronic address of the sender of the incoming message is a member of the pass list;
 - 20 g. filtering the incoming message to analyse whether the incoming message is likely to be an unsolicited message if the address of the sender is not on the pass list; and
 - h. if the incoming message is found unlikely to be a unsolicited message forwarding the message to the addressee.
- 25 6. A method as claimed in claim 5, wherein the step of updating a pass list includes updating the pass list with the latest date on which a message has been sent to an address, for subsequent purging of

addresses to which messages have not been sent within a predetermined period of time.

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7. A method as claimed in claim 5, wherein the incoming message is deleted if it is found probable that the message is an unsolicited message.
 8. A computer program comprising code means for performing all the steps of the method of any of claims 5 to 7 when the program is run on one or more computers.